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## Classes to Take at the Recreation Center

**Flip Fitness:** jumping jacks, squats, lunges, pushups, all determined at the flip of a card to keep your body guessing

**Pilates:** stretching, toning, and core exercises

**Yoga:** promote stress free working and living with this workout routine

**Zumba:** Latin inspired dance class

**Liquid Motion Dance Class:** pilates movements with a dance like flair

**Beach Body Burn:** intense cardio workouts

**Calorie Killer:** combines cardio strength training and core exercises

See the Fall Schedule at:

<http://bloomu.edu/rec/fitness_class>

**Yes, it is possible!**

**Intramural/Club**

**Sports**

**Soccer**

**Basketball**

**Volleyball**

**Lacrosse**

**Ice Hockey**

**Tennis**

**Ultimate Frisbee**

**Rugby**

**Softball**

**There is something for everyone at Bloomsburg University! If you want to stay healthy, you can find a way!**

# Staying Healthy At Bloomsburg University!

Is Eating Healthy Not Your Thing?

Maybe the Student Recreation Center is your place!

Hours of Operation

Monday-Thursday: 7:00am-11:00pm

Friday: 6:00am-10:00pm

Saturday and Sunday: 10:00am-7:00pm

Phone Number:  (570) 389-4772

The Recreation Center has numerous rooms in it as well:

Fitness Room

Weight Room

Multi-Purpose Room

Basketball Courts

Indoor Track

Racquetball Courts

Rock Climbing Wall

**College Students Choose to Eat Healthy for a Variety of Reasons**

* Unhealthy food is unappealing to them.
* They don’t want to gain that dreaded **Freshman 15.**
* Some have food allergies.
* Some like the energy that comes along with eating healthy.

What is **YOUR** reason going to be?!

### Food For thought

Many students head off to college with the idea that there are no healthy options to eat at school, when in fact there are many options!

The Scranton commons has a wide variety of healthy food choices:

* The Home Section here is always full of what feels like a homemade meal.
  + Turkey
  + Vegetables
  + Chicken
* Lunchmeat for sandwiches
* Salad bar
* Yogurt
* Fruit
* Cereal
* Skim milk

The Husky Lounge:

* Sandwich station with wheat bread
* Veggie wraps at the deli
* Fruit cup
* Salad
* Orange Juice boxes

For information on open positions or to submit your resume, please visit our Web site at: www.lucernepublishing.com